

MEAL AND RYE RINGS

OVERVIEW

13-020

INGREDIENTS

Group Rings

Ingredient	KG	%
Bread Flour	1.000	100.00
FINO RYE BASE	0.100	10.00
FINO MEAL BASE	0.100	10.00
Sugar	0.034	3.35
Salt	0.021	2.10
BAKELS PLATINUM INSTANT ACTIVE DRIED YEAST	0.015	1.50
BAKELS CRUSTY BREAD CONCENTRATE	0.030	3.00
Water	0.663	66.66
Oil	0.031	3.10
Total Weight:		1.994

Yield: 36 pieces x 55g dough

METHOD

How to do it:

1. Combine all the dry ingredients and water in a spiral mixer and mix on low speed for 2 minutes.
2. Add oil and mix on high speed for 5 minutes or until developed.
3. Ferment for 1 hour.
4. Punch down and scale to 55g. Round and rest for 10 minutes.
5. Mold into rings.
6. Proof.
7. Cook in boiling water for 1 minute on each side.
8. Bake at 200°C for 10 minutes or until done (baking with steam is optional).



DISPLAY CONDITIONS

Room Temperature



CATEGORY

Breads, Lean